

The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.



Apple Crumb Dessert

- Nonstick cooking spray
 - 4 medium apples for baking
 - 1/2 cup quick-cooking oatmeal (uncooked)
 - 1/4 cup light or dark brown sugar, packed
 - 2 teaspoons of cinnamon
 - 1/3 cup 100% apple juice
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- Move the oven rack to the center of the oven. Preheat the oven to 350 F.
 - Spray the bottom and the sides of a 9-inch square baking dish with nonstick cooking spray.
 - Wash and peel the apples. Cut them into thin slices.
 - Spread the apple slices evenly over the bottom of the baking dish.
 - In a small bowl, use a fork to mix the oatmeal, brown sugar, and cinnamon.
 - Spread the oatmeal mix evenly over the apples in the baking dish.
 - Lightly pour the apple juice over the oatmeal mixture
 - Cover the dish and bake for 20-30 minutes until apples start to soften.
 - Uncover and bake for another 15-20 minutes until apples are soft.



Questions to Ask Everyday...

- What are 3 things for which you are thankful today?
- What did you learn today?
- How did you make someone smile today?

Conversation Starters...

- Who are people in your life that help you and how do they help you?
- What activities help you feel joy?
- Who is a fictional character you'd like to be best friends with?
- What makes you feel like dancing?



Did You Know...

October is Youth Substance Use Prevention Month. Prevention science and decades of community-based experience and scientific research shows that prevention works!

Servings:4 Serving Size:1/4 of the recipe



Fall Activity: Making bird feeders



Materials & Tools You Need:

- Toilet paper roll
- Yarn
- Bird seed
- Peanut butter

Instructions:

- Punch two holes in the top of the toilet paper roll.
- Tie some yarn through each hole.
- Slather peanut butter on the toilet paper roll and roll it in birdseed.
- Tie the yarn around a tree branch and watch the birds enjoy the feast.



Developmental Relationships

Developmental relationships are the roots of thriving and resilience for young people, regardless of their background or circumstances. Through these relationships, young people discover who they are, cultivate abilities to shape their own lives, and learn how to engage with and contribute to the world around them.

Provide Support: Help me complete tasks and achieve goals.

- **Navigate** - Guide me through hard situations and systems.
- **Empower** - Build my confidence to take charge of my life.
- **Advocate** - Stand up for me when I need it.
- **Set Boundaries** - Put in place limits that keep me on track.



DTP...On The Go!

October is a great month for families to spend quality time together. There are community events that encourage family participation such as pumpkin patches, petting zoos, pony rides, hayrides, and festivals. Family members can also bond by creating and carving their own pumpkins. When traveling to community events, families can use this time to be creative by allowing each person to tell a story. Other family members can add to the story or create a new one. To make it more realistic, the storyteller can be dramatic when telling the story by raising, changing, or lowering their voice. They may also want to act the story out by using nonverbal body language such as facial expressions and hand and arm motions.



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